



Walk Texas! Diabetes Program News

Healthy High Healthy Choices



St. Marks Medical Center expands into elementary schools using parachute activities with grades K - 6th. Sherri Knigge and Donna Vasut lead the expansion.

Keys to success!!!

The students in Schulenburg, Texas get to have input into programs being incorporated into their schools due to St. Marks staff's approach of "incorporating Healthy High." Healthy High is an overall nutrition and exercise program geared at K



Measuring Wheels!

March 10, 2005, Austin, Texas

The University of Texas, Walk Texas! staff led a one-day workshop training with a focus on Physical Activity and System Change. Diabetes Program staff from eleven regions across the state received measuring wheels to enhance community walking activities.

Dallas Concilio's Silvia Gallegos and Monica Lugo are reaching out to community sectors by mapping apartment complex sites to increase their Healthy Walking Programs.



Ernest Garza of Community Health Development has used the aid of the measuring wheel to map the city's cultural attraction - the River Walk! Visitors and locals can enjoy river routes and know how much physical activity they are accomplishing.

Public Regions 4 & 5 lead by Glen Hawkins, have mapped walking trails on church campuses to aid in their faith-based physical activity efforts!

Great Job Everyone!

*Keys to Success continued -*

through 12th graders. The program focuses on educating this age group on smart food choices and physical activity to maintain a healthy lifestyle, thus targeting risk factors for Type 2 diabetes and promoting overall good health. "The kids share a sense of ownership for the success of the program at their schools and feel empowered by their participation", states Sherri Knigge of St. Marks Medical Center Diabetes Program. **A Win/Win for St. Marks!**

Community Program Staff complete two mile mapping walk on The University of Texas Austin campus during a physical activity break at the UTA one-day workshop.

